



The Commandments for Staying Stressed Out!

**Focus on the negative and
eliminate the positive!**
Be a world class worrier!
React, don't think!
**Hold onto your problems and
mistakes!**
Feel sorry for yourself!
Don't forgive!
Harbor grudges!
**Permit circumstances to
control your moods!**
**Be critical of others and
yourself constantly!**
Expect the worst!
**Find daily discouragement,
distress and dissatisfaction!**
Practice rigidity!
**Engage in should have's,
would have's and could have's**

